



- Stay Safe Essentials
- High elevations can cause *altitude sickness* and may aggravate *existing medical conditions*; use caution.
 - Take sufficient time to acclimatize to the park’s high altitude before doing strenuous hikes. Rest, drink lots of fluids (avoiding alcohol and caffeine), and start with short hikes.
 - Stay together as a hiking party. Don’t separate; keep children with the family or group.
 - Stay on the trail. Shortcutting causes erosion.
 - Wear sturdy foot gear. A hike in this environment requires good ankle support and a treaded sole.
 - Pack extra water and snacks. Traveling in high elevations requires lots of water. Don’t drink from streams or lakes without treating the water.
 - Weather conditions can change quickly. Thunderstorms are frequent in summer. Head back to the trailhead if you see building storm clouds. If caught in a lightning storm, get below treeline. Carry storm gear with you.
 - The wilderness, though beautiful, can be harsh. Expect snow, gusty winds, and cold temperatures at any time. Layers of windproof clothing can help protect you.
 - Even on cloudy days, ultraviolet light can be intense in these high elevations. For your protection, wear a hat, sunglasses with UV protection, and sunscreen.
 - Also carry a topographic map & compass/GPS; first aid kit; flashlight or headlamp; waterproof matches; pocketknife; whistle; and don’t forget common sense!
 - Do not rely on cell phones in Rocky Mountain National Park. Many locations in this rugged park have no service.
 - Do not approach or feed wildlife, including chipmunks and birds.

Pets	PETS ARE PROHIBITED ON ALL ROCKY MOUNTAIN NATIONAL PARK TRAILS, TUNDRA, AND MEADOW AREAS. Hiking alternatives to hike with your dog outside Rocky are available. Boarding facilities and veterinary clinics are available in nearby communities.
Strollers	<ul style="list-style-type: none">• In the Bear Lake Corridor, strollers are permitted only on the nature trails around Sprague and Bear lakes, not in the backcountry.• Strollers are allowed on park shuttle buses.
Park Information	970-586-1206 or online at www.nps.gov/romo
Trail Ridge Road Status	970-586-1222 for recorded & updated messages
Emergencies	911; tell the Dispatcher you are in Rocky Mountain National Park, Colorado

Rocky Mountain

National Park ServiceU.S. Department of InteriorRocky Mountain National Park



Bear Lake Area Hiking

100th Anniversary 1915-2015

A myriad of rugged trails lead visitors to a wilderness of lakes, waterfalls, and craggy peaks. Glacier Gorge area trails can be accessed from Bear Lake, which adds only 0.1 mile to the distances.

The Bear Lake area is stunningly beautiful and extremely popular. Most visitors arrive during the summer and on fall weekends. Expect congestion on roads, in parking areas, and along popular trails. Best tip to help: plan ahead. Tour and hike early and late in the day. By mid-morning, parking areas are often full. Carpool and or use the free park shuttles; check out the schedule below.

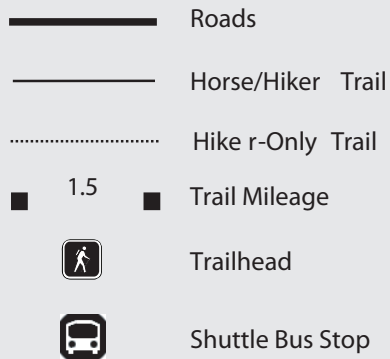
Using Rocky Mountain National Park’s free summer shuttle bus service enables you to access many destinations and loop hikes along the Bear Lake corridor, while enjoying the beautiful scenery without the distraction and hassle of traffic congestion and limited parking. Bear Lake corridor buses may be accessed by parking at Park & Ride or the Estes Park Visitor Center.

Bear Lake Shuttle (Park & Ride - Bear Lake)	Moraine Park Route (Park & Ride - Fern Lake Road)	Hiker Shuttle (Park & Ride - Estes Park Visitor Center)
The Bear Lake Route is based at the Park & Ride shuttle bus parking area across from the Glacier Basin Campground. Buses run every 10-15 minutes between 7 AM - 7 PM and stop at Bierstadt Lake Trailhead, Glacier Gorge Trailhead, and Bear Lake.	The Moraine Park Route is based at the Park & Ride shuttle bus parking area across from the Glacier Basin Campground. Buses run every 30 minutes from 7 AM - 7 PM and stop at Sprague Lake/Glacier Creek Livery, Glacier Basin Campground, Park & Ride, Hollowell Park, Tuxedo Park, Moraine Park Discovery Center, Moraine Park Campground, Cub Lake Trailhead, and Fern Lake Bus Stop.	Buses only stop at the Estes Park Visitor Center and Beaver Meadows Visitor Center on this express route to the Park & Ride. The first bus leaves the Estes Park Visitor Center at 7:30 AM, and the last bus leaves for Estes Park at 8 PM. It runs on an hourly schedule early and late in the day, and a half-hour schedule from 11 AM to 6 PM.
Daily Service June 13 - Oct12	Daily Service June 13 - Oct 12	Daily Service June 27 - Sept 13
Weekends May 23, 24, 25, & 30, 31 June 6, & 7	Weekends May 23, 24, 25, & 30, 31; June 6, & 7	Weekends Saturdays and Sundays September 19 - October 11

C-BLS-3/15

Bear Lake Corridor Trails

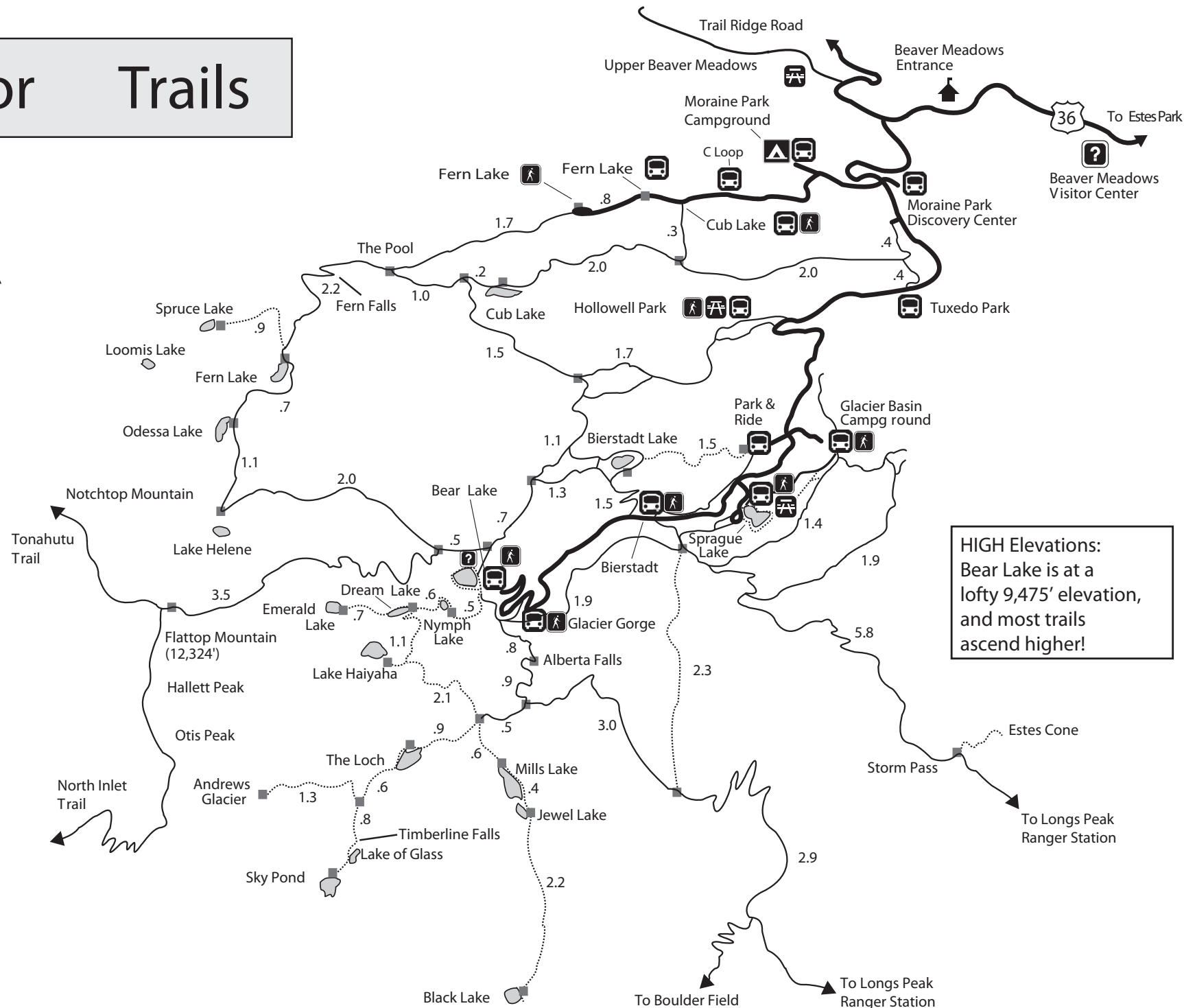
LEGEND



Destination Miles Elev. Gain (ft)
(One way from nearest trailhead)

★ Alberta Falls	0.8	160'
Bear Lake Loop	0.5	20'
Bierstadt Lake	1.6	566'
★ Black Lake	5.0	1,380'
Cub Lake	2.3	540'
Dream Lake	1.1	425'
Emerald Lake	1.8	605'
Fern Lake	3.8	1,375'
Flattop Mountain	4.4	2,849'
Lake Haiyaha	2.1	745'
Lake Helene	2.9	1,215'
★ Mills Lake	2.8	750'
Nymph Lake	0.5	225'
★ Sky Pond	4.9	1,650'
Sprague Lake Loop	0.5	20'
★ The Loch	3.1	990'
The Pool	1.7	245'

★ All Glacier Gorge trails can be accessed from Bear Lake; add 0.1 mile to trail distance



HIGH Elevations:
Bear Lake is at a
lofty 9,475' elevation,
and most trails
ascend higher!